

WELLNESS CENTER

ANTIOCH COLLEGE



Time	Class	Level	Instructor
MONDAY			
6:15 – 6:45 am	Interval Express	Mixed	Katie
9 – 10 am	Yoga	1 & 2	Melissa T.
10 – 10:45 am	Deep Water Workout	Mixed	Deb
12:30 – 1:30 pm	Power Hour Yoga	2 & 3	Chelsea
5:30 – 6:15 pm	Aqua Fitness	Mixed	Deb
5:30 – 6:15 pm	Core & More	Mixed	Doug
6:30 – 7:15 pm	Spinning	Mixed	Amy S.
TUESDAY			
8 – 9 am	Yoga for Stiffs	1	Bob
9:30 – 10:30 am	Core Strength & Bal.	1 & 2	Patti
10 – 10:45 am	Aqua Fitness	Mixed	Deb
Noon – 1 pm	Yoga	Gentle	Carmen
12:30 – 1:15 pm	Zumba	Mixed	Lynn
2 – 2:45 pm	Simply Movement	Gentle	Carmen
6 – 7:15 pm	Yoga	1 & 2	Monica
6:30 – 7:15 pm	Interval Training	Mixed	Katie
WEDNESDAY			
6:15 – 6:45 am	Spin Express	2	Denny
9 – 10 am	Yoga Flow	2	Melissa T.
10 – 10:45 am	Deep Water Workout	Mixed	Deb
10:30 – 11:30 am	Yoga	1	Becky
Noon – 1 pm	Pilates	1 & 2	Victoria
5:30 – 6:15 pm	Aqua Fitness	Mixed	Deb
5:30 – 6:15 pm	Core Length & Strength	1 & 2	Melissa D.
7 – 7:45 pm	Circuit Training	1 & 2	Kyle
THURSDAY			
7 – 7:45 am	Spinning	1	Melissa D.
9:30 – 10:30 am	Core Strength & Bal.	1 & 2	Patti
10 – 10:45 am	Aqua Fitness	Mixed	Deb
12:30 – 1 pm	Fitness Rm Orientation*	Intro	Trevor
12:30 – 1:30 pm	Yoga Flow	2	Chelsea
2 – 2:45 pm	Simply Movement	Gentle	Carmen
6:00 – 7:15 pm	Yoga	1 & 2	Neenah
6:30 – 7:15 pm	Interval Training	Mixed	Katie
FRIDAY			
6:15 – 6:45 am	Spin Express	2	Katie
8 – 9 am	Yoga	1	Larisa
Noon – 1 pm	Yoga	1 & 2	Marcia
6 – 6:45 pm	Circuit Training	2	Kyle
SATURDAY			
8:15 – 8:45 am	Spin Express	Mixed	Katie
9 – 9:45 am	Interval Training	Mixed	Katie
9 – 10 am	Power Hour Yoga	2 & 3	Marie
10 – 10:45 am	Ab Lab	1 & 2	Amy S.
10:30 – 11:45 am	Yoga	1 & 2	Marcia
SUNDAY			
3 – 4:15 pm	Yoga Flow	2 & 3	Marie
4 – 4:45 pm	Spinning	2	Denny

* Available for all members

Autumn Hours

Monday–Thursday 6 am–9 pm
 Friday 6 am–7 pm
 Saturday 8 am–5 pm
 Women Only Sunday 10 am–11 am
 Sunday 11 am–5 pm

CLOSED: November 23 & 24,
 December 24-26 & 31, January 1

wellnesscenter.antiochcollege.edu
 or call 937 – 319 – 0100 for more details.

AUTUMN 2017

SEPTEMBER 5 – DECEMBER 23

MEMBERSHIPS & DAY PASSES
 AVAILABLE

WEEKLY CLASSES

AUTUMN 2017

SEPTEMBER 5 – DECEMBER 23

SERIES & WORKSHOPS

**WELLNESS
CENTER**
ANTIOCH COLLEGE



Please register in advance.
Visit our website for fees and more information.
wellnesscenter.antiochcollege.edu

MASTERS SWIMMING SERIES

with Franklin Halley
Sept 6 – Dec 22
Mon. & Weds., 6:30 – 8 pm / Tues. & Fri., 6:15 – 7:30 am

BALLROOM DANCE CLASSES

with Patricia Nelson
Wednesdays, 6:30 – 7:30 pm

SWING Sept 6 – 27
LINE Oct 4 – 25
RUMBA Nov 1 – 29

TOTAL IMMERSION SWIMMING

with Pegeen Laughlin
Sept 16 – Oct 7 & Oct 28 – Nov 18, Sat., 8 – 10 am

PEACEFUL PARENTING PRACTICE

with Amy Chavez
Sept 11 – Oct 2 & Oct. 16 – Nov 6, Mon., 10:30 – 11:30 am

COMMUNITY SWING DANCE

Sept 29, Friday, 6 – 8 pm

UNFOLDING: AN EXPLORATION OF YOGA & POETRY

with Marie Hertzler & Audrey Hackett
Sept 30, Saturday, 2 – 5 pm

YOGA 101 SERIES

with Larisa McHugh
Oct 1 – 22, Sundays, 11:30am – 12:45 pm

AUTUMN SWIM LESSONS: AGES 4 – 12

with Sharyn Jackson
Oct 3 – 26 & Nov 7 – Dec 7, Tues. & Thurs.

AQUATICS SERIES

with Deb Dixon
Back Rehab: Sept 11 – Oct 2, Mon., 11 – 11:45 am
Adaptive Class: Oct 5 – 26, Thurs., 11 – 11:45 am

CROSS TRAINING WORKSHOP

FOR RUNNERS, CYCLISTS & MULTI-SPORT ATHLETES
with Katie Slanker
Oct 21, Saturday, 11 am – 1 pm

WOMEN'S WELLNESS ONE DAY RETREAT

with Becky O'Brien & Friends
Oct 22, Sunday, 10 am – 5 pm

TRAINER TALKS: WINTER WELLBEING

with Trevor Lowe, Katie Slanker & Doug Jewell
Nov 4, Saturday, 11:30 am – 2 pm

INTERMEDIATE YOGA WORKSHOP

TAKE IT TO THE NEXT LEVEL

with Chelsea Wildman
Nov 4, Saturday, 1 – 3 pm

YOGA & NUTRITION FOR DIGESTIVE HEALTH

with Kelli Pitrone
Nov 11, Saturday, 2 – 4 pm

YOGA, SOMATICS, AND CREATIVE PLAY

A PATH TO AUTHENTICITY

with Melissa Tinker, Amy Chavez & Rebecca Kuder
Nov 18, Saturday, 1 – 6 pm

200 Hour Yoga Teacher Training Program Starts January 2018
Now Accepting Applications!